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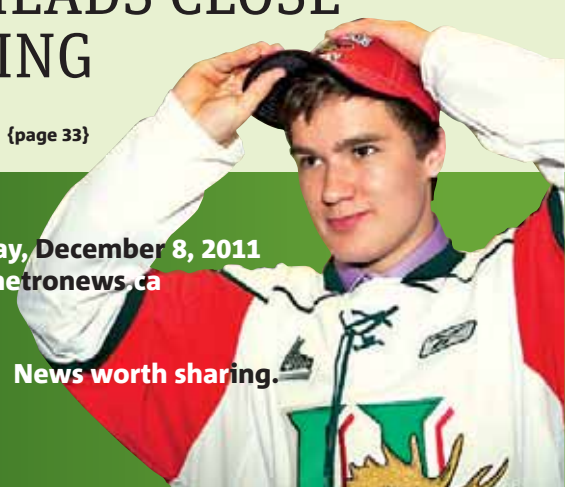
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**STADIUM REPRIEVE  
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TO FINALIZE  
ITS PLAN** {page 3}



**THEIR MAN?**  
**MOOSEHEADS CLOSE  
TO SIGNING  
DROUIN** {page 33}



**HALIFAX**

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Thursday, December 8, 2011  
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News worth sharing.

# Dad agitated by baby's cries: Mom

► Testifies in ex-boyfriend's manslaughter trial ► Gomes pleaded guilty earlier this year to failing to provide the necessities of life and received a conditional discharge with six months probation



**ALY THOMSON**  
HALIFAX@METRONEWS.CA

The mother of an infant who died in Halifax said her partner became angry when their baby cried for long periods of time.

Jane Gomes testified yesterday that 25-year-old Ashiqur Rahman, who has pleaded not guilty to manslaughter and aggravated assault in their child's death, became frustrated during the first month of the baby's short life.

She told Nova Scotia Supreme Court that Rahman "didn't like it very much when Aurora cried."

"He would say, 'didn't you feed her properly?'" said Gomes. "Sometimes he would call (me) names or say I couldn't get anything right."

Rahman was charged after his seven-week-old daughter Aurora Breakthrough died in July 2009.

A neuropathologist testified last month in the case against Rahman that the baby had extensive brain

injuries.

Gomes, 25, said the couple was in dire financial straits and did very little to prepare for the baby, which was born about 20 days earlier than she expected.

Gomes was in the hospital for two days after giving birth to Aurora, and because she didn't have health care, racked up about \$6,000 in hospital bills. She said the hefty bill angered Rahman, and during an argument at their apartment over the issue, pulled the hair on her forehead, she testified.

"He said I was arguing too much. I said, 'You stopped because I was pregnant and now (that) I'm not, you're doing it again,'" said Gomes, who earlier testified Rahman had hit her once before.

Gomes said when the baby was-



► Ashiqur Rahman

**"Ashiqur seemed to lose his temper easier than ever before."**

**JANE GOMES TESTIFYING YESTERDAY IN REFERENCE TO AFTER THEIR DAUGHTER WAS BORN.**

n't crying, Rahman would sometimes call Aurora "pretty" and occasionally hold her.

She said Rahman, who showed little emotion and held his head down during the testimony, sometimes assisted in changing the baby's diaper and took shifts looking after her during the night.

Gomes and Rahman, both from Bangladesh, met at Acadia University in 2008 and later both stopped attending the school to move to Halifax, the court heard.

She said she lied to her parents about attending school, and told them nothing about their relationship or pregnancy.

Gomes will be back on the stand today.



► Jane Gomes, right, walks into a courtroom at Nova Scotia Supreme Court yesterday. Gomes testified yesterday at the manslaughter trial of her former partner, Ashiqur Rahman.

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# CSA gives HRM 90-day reprieve on stadium

- City has until March 31 to confirm intention to host Women's World Cup
- CSA must give FIFA list of host cities for event in first six months of 2012



JENNIFER TAPLIN  
@METRONEWS.CA

The stadium is getting a little breathing room and a better chance of survival.

Halifax regional council hasn't yet officially asked the Canadian Soccer Association for a deadline extension, but HRM will be granted a 90-day reprieve to confirm its intention to be a host city for the 2015 Women's World Cup of Soccer, said Peter Montopoli, the Canadian Soccer Association's general secretary.

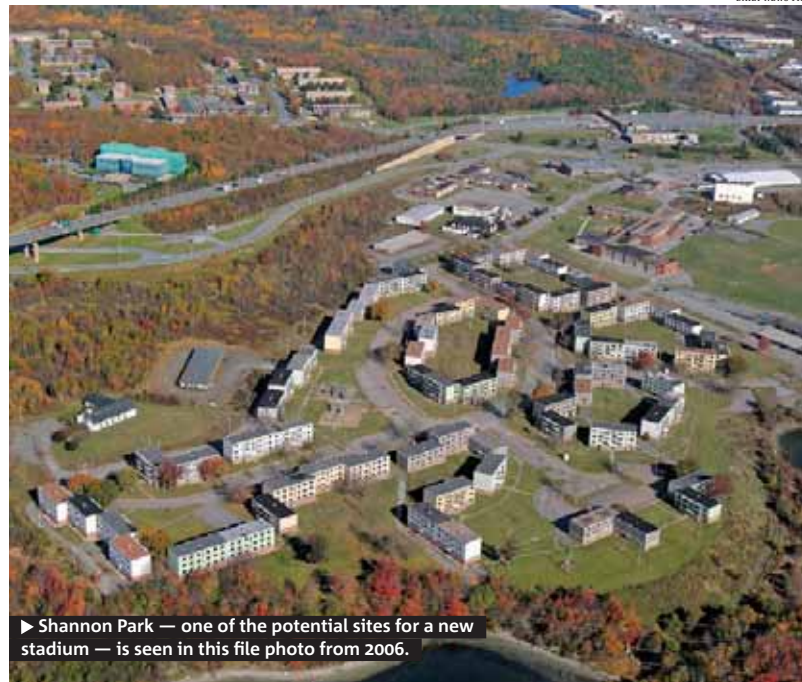
The original deadline for a stadium commitment was Dec. 31 but Montopoli said the city can have until March 31, but no longer.

The CSA has to provide FIFA with a list of host cities for the event within the first six months of 2012.

"We are willing to give that 90 days with the provisions that the renderings are in place, the financing is in place and the completion date still remains Jan. 1, 2015," he said, adding the extension won't mar Halifax's bid.

Mayor Peter Kelly was looking for up to six months of extra time, but said he'll gladly take 90 days.

"This is three months



► Shannon Park — one of the potential sites for a new stadium — is seen in this file photo from 2006.

more than we had and, certainly, we'll utilize it to the best of our ability," he said.

Kelly needs the extension so he can hammer the federal and provincial governments for funding.

Premier Darrell Dexter told reporters yesterday he had more of an information session than an official ask from the municipality.

"I indicated to them so far as I knew there was



**"This would make a great Christmas gift from both the feds and the province."**

MAYOR PETER KELLY

nothing from the federal government that would look like the contribution to the stadium," he said, "and that, traditionally, our contribution would be part of a tri-level investment in the project, and that I hadn't seen anything to suggest that that was going to happen."

Kelly said the suggestion the province is in if the feds are in is one of the most positive comments he's heard of late.

## Weather bomb set to explode over region today

JENNIFER TAPLIN  
@METRONEWS.CA

Look up — because a weather bomb is about to hit.

A weather bomb is a storm where the pressure drops dramatically and quickly.

Environment Canada meteorologist Tracey Talbot said the heavy rain will start this morning.

By the time the rain tapers off this afternoon, high winds will kick up.

"It's basically a storm that intensifies pretty quickly," she said.

HRM should see about 30 to 40 millimetres of rain this morning, then a cold front is expected to move through, bringing winds of 90-100 km/h.

"The storm itself is moving through southern New Brunswick so the entire Maritime region will be affected by this," Talbot said.

It will last for about 12 hours, so by evening the winds should be dying down.

At this time of year, snow would be expected more than rain.

Talbot said New Brunswick will see snow with this storm, but she doesn't expect any in Nova Scotia.

Compared to other storms Halifax has seen in the past month, the precipitation amounts in today's weather bomb are comparatively minor, she said.

# 1

  
news


Health Canada is imploring physicians not to prescribe the drug Avastin for conditions other than cancer, as serious complications have been linked to such off-label use in the U.S. Scan the code for the story.

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## Mistrust for premier: McNeil

There were at least two people in the room for Premier Darrell Dexter's State of the Province address who felt the game hasn't changed. Liberal Leader Stephen McNeil claimed the business community is mistrustful of the premier and the NDP after they decided to move forward with first-contract arbitration.

"The question was 'What's next?' And the premier did a good job of avoiding the question," said McNeil. "But I think that's the concern of business people across this province, what next is going to happen with labour legislation to make it more difficult to do business in Nova Scotia."

Tory Leader Jamie Baillie noted Bill 102 is the second piece of labour legislation put forward by the government in a year.

"We can only judge by that that more will follow," said Baillie.

● ALEX BOUTILIER

# 'Game changers' envisioned

## ► Premier Dexter delivers annual State of the Province address to Halifax Chamber of Commerce



ALEX BOUTILIER  
@METRONEWS.CA

It wasn't hard to guess what would dominate Premier Darrell Dexter's third State of the Province speech.

Before a packed room at the Harbourfront Marriott yesterday, Dexter outlined three things he feels will be "game changers" for the province — the Lower Churchill hydroelectric deal between Emera and Nalcor energy, the \$25-billion shipbuilding contract awarded to Irving Shipbuilding and his government's commitment to live within its means.

"The game changer is the government's enduring commitment to make sure our children and grandchildren don't carry a much larger debt, one that limits Nova Scotia's choices and undermines its confidence," Dexter told the crowd.

Despite the number of

**"There will always be challenges, but there is every reason for confidence, every motivation to work hard."**

PREMIER DARRELL DEXTER

times the game will change, many in the crowd were more interested in one particular new rule — first-contract arbitration.

Bill 102, which will introduce first-contract arbitration in the province, has been widely panned by the business community. Despite their concerns, the province will move forward with the legislation, largely without amendments.

One question from the floor asked what additional new labour laws the business community can expect in coming years.

"We're committed to a predictable, stable labour relationship between business and labour," Dexter re-



► Premier Darrell Dexter smiles as he answers a question following his State of the Province address at the Marriott Harbourfront hotel yesterday.

sponded.

Outside the room, the premier clarified.

"We have no further amendments or changes that we expect will be brought forward (to the Trade Union Act)," Dexter

told reporters.

"We understand there are differing opinions, and ... in a good, healthy relationship you can disagree on things."

Valerie Payn, president of the Halifax Chamber of

Commerce, said the chamber preferred to focus on the positive yesterday.

"That being the economic opportunity presented by the shipbuilding project and what it means to the future," Payn said.

# No fast-tracking Bowater bill: McNeil

Province House may be nearing the end of the fall sitting, but the bill that enshrines a \$50-million bailout for Bowater will not be pushed through any quicker.

Deputy premier Frank Corbett told reporters that a member of the Progressive Conservative caucus approached him and floated the idea of fast-tracking the bill.

That means it would

skip first and second reading, as well as the legislature's law amendments committee, and proceed to third reading — the final stage before the law is passed.

That would require unanimous consent from the province's three parties — consent Liberal Leader Stephen McNeil said his caucus would not give.

"It's disappointing that



► The Bowater Mersey paper mill is seen in Brooklyn last week.

the parties would want to fast-track a bill that's going to cost the taxpayers of Nova Scotia potentially \$90 million," said McNeil.

"It's our belief that if the premier wants to have the debate on the floor we should have that debate."

Progressive Conservative Leader Jamie Baillie quickly disputed Corbett's claim, saying the Tories, too, would like to see the bill debated.

"We have no interest in initiating a discussion of a fast-track," Baillie told reporters.

After a conference with Baillie and Tory house leader Chris d'Entremont, the only two members of the caucus who could agree to fast-track the bill, the deputy premier clarified it was another member of the caucus who asked about expediting its passage. ● ALEX BOUTILIER

## Police investigate after thieves break into safe

Thieves broke into a house and stole cash from a safe early yesterday morning.

Police say they were called to a residence on Johnson Road in North Preston at 1:11 a.m. Suspects

tore through several rooms and stole a "quantity of cash" from a safe, according to police. RCMP is investigating and asking for anyone with information to contact them. ● METRO

## Ha!Ha! Ha!lidsays

Comedian Tim Steeves is headlining two shows, titled Ha!Ha!Ha!lidsays, at Casino Nova Scotia on Dec. 16 and 17. Tickets remain only for Dec. 17.

● METRO



► Tim Steeves

## Halifax woman faces trafficking charges

A 51-year-old Halifax woman is facing two drug-trafficking charges after a search by police on Tuesday night. The drug unit searched an apartment in the 2700 block of Clifton

Street in Halifax at around 10 p.m. on Tuesday. Police seized crack cocaine, Dilaudid, cash and drug paraphernalia. Three people were arrested, but two were later released. ● METRO



Thursday, December 8

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**Highway. Closing**

► A ramp from Dartmouth Crossing to Highway 111 was shut down for several hours yesterday after a tractor-trailer overturned on the Highway 118 ramp just before 8 a.m.



RYAN TAPLIN/METRO

## Driver escapes injury in rig crash

Halifax Regional Police say the male driver of the tractor-trailer was shaken up, but not injured. Police haven't determined what caused the accident, but say a guard rail on the ramp was damaged.

# Thieving Grinches eyeing big-ticket items: Police

► Police say consumers can't be too careful when it comes to holiday shopping ► Parking-lot thieves are targeting high-end electronics



JENNIFER TAPLIN  
@METRONEWS.CA

Trees, lights, thieves ... all part of the holiday season.

Halifax Regional Police are warning shoppers to beware after a theft at Dartmouth Crossing on Tuesday night.

A man bought a high-end electronics item and put it into his trunk before running back into another store. He was away for only a few minutes, but when he returned he found his car window

smashed, the trunk open and his expensive Christmas gift gone.

There are always thefts from cars throughout HRM, but this is the first one that stands out because someone was watching for shoppers with big-ticket items.

"Unfortunately, we

### On the job

► Police say they will boost patrols in the Dartmouth Crossing area through the holiday shopping season.



► Don't leave those bags unattended, police warn.

have seen this before, which is why we put out our holiday safety tips," said Const. Brian Palmetier, HRP spokesman. "We en-

courage shoppers if they absolutely have to put something in their trunks and continue shopping to move their vehicle (so watching thieves think shoppers have left the area)."

It may be an inconvenience, but it's less inconvenient than discovering your car has been broken into, he added.

Thieves might grab anything, but high-end electronics seems to be a favourite because they can be unloaded easily, Palmetier said.

## Fraud case adjourned pending legal-aid decision

A Truro man up on 21 criminal charges, including eight counts of fraud and five of forgery, had his case adjourned so he can seek advice from a lawyer.

John Alexander Allen appeared before Judge Richard MacKinnon yes-

terday and advised the court that he has applied for legal aid but is still awaiting a decision on the application.

Allen is a former employee of Keybase Financial in Truro. He was fined more than \$1 million by

### Court date

► Allen's case has been adjourned until Jan. 18.

the Nova Scotia Securities Commission for bilking dozens of clients out of an

estimated \$14 million.

He was ordered to pay \$1.05 million to the commission and \$7,000 in investigation and proceedings costs after he admitted to an agreed statement of facts.

TRURO DAILY NEWS

# Free-for-all ends dances at Sydney gym

There will be no more teen dances at a Sydney gymnasium after several episodes of rowdy behaviour and violent altercations at the municipal facility.

The dances, which attracted as many as 600 youth at the Bicentennial Gym, were sponsored by local promoters and not affiliated with area schools.

At a committee this week, Cape Breton Regional Police Chief Peter McIsaac detailed the incidents that prompted the city to suspend the dances at the gym, which is in a residential area at the end of Hospital Street.

He said the dance on Oct. 27 was the "straw that broke the camel's back."

**6** In all, police stopped six fights, arrested three youth, called six parents to pick up their children and sent numerous other young people home in taxicabs.

At that event, four police officers and 10 security guards subdued and arrested several teenagers for unruly behaviour.

"It took four police officers to subdue a 16-year-old male who was punching a security guard, and they had to hold him," McIsaac said. "He was charged with making a disturbance, assault on a police officer and resisting arrest." CAPE BRETON POST

### CARGO BUSINESS RESUMES

## Icelandair route good for region: HIAA

After a three-year absence, Icelandair Cargo will return to the Halifax Stanfield International Airport.

It's welcome news for the airport, as December is the busiest month for air cargo. It's especially good news for seafood shippers, Jerry Staples, of the Halifax International Airport Authority,

said yesterday.

A B757 freighter will leave Halifax for Reykjavik at 11:30 a.m. on Wednesdays. It will then go on to Liege, Belgium.

"The addition of this new dedicated air-cargo service provides a significant opportunity for exporters in our region to reach markets in Scandinavia and other points in northern Europe and demonstrates the priority we place on growing our cargo business," Staples said.

The airport, with federal and provincial funding, is extending the main runway to allow for larger wide-bodied heavy aircraft. ● METRO

## Hammonds Plains burglar arrested

A 22-year-old Dartmouth man faces charges in several break-and-enters in Hammonds Plains. Halifax RCMP say an officer saw a man trying to break into a home on Teradore Crescent on Tuesday. Police say the man was also charged with several other housebreakings in Hammonds Plains on Nov. 28.

● METRO

## Confidence low for small business

Confidence among small-business owners in Nova Scotia continues to decline. The Canadian Federation of Independent Business says Nova Scotia scored 54.9 for November, down from 57.6 in October. The reading is the lowest figure since 2009 and also one of the lowest readings across the country.

● METRO



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► A report on potential health-care cuts is expected by the end of year, Nova Scotia Health Minister Margaret MacDonald said yesterday.

# Health authorities prime 6 areas for cost-cutting

► Province's health minister says health-care costs have skyrocketed in past 10 years ► Minister under pressure to meet projected spending cuts

Nova Scotia's district health authorities and the IWK Health Centre have selected six areas where they will try to cut administrative costs.

Ernst & Young has been asked to look for savings in areas including purchasing, warehousing, laundry services, information technology, human resources and general administration.

Health Minister Margaret MacDonald says the consulting firm is about halfway through its study and its report is due before



► Health Minister Margaret MacDonald

the end of this fiscal year.

The government has told the health authorities it wants a three per cent cut in health-care spending, and MacDonald says savings identified by Ernst

**\$98K**  
is the cost of Ernst & Young's three-month contract for the study.

& Young could be used to offset those cuts.

Pat Lee, CEO of the Pictou County Health Authority, says jobs will be affected.

"We know that jobs will be impacted in administrative services as we significantly change the way

services are delivered so that we can save costs," Lee said yesterday in a statement. "But at this point it is too soon to predict numbers."

MacDonald said the government has asked the health authorities to minimize the impact on patient care.

"Health-care costs have doubled in the past decade, so it is incumbent upon us to review how we are spending health dollars in the area of administration," she said in a news release. **THE CANADIAN PRESS**

## News in brief

### Two charged in break-and-enter

**HALIFAX.** Police say two men, aged 18 and 21, appeared in court yesterday on charges of break-and-enter and breaching court orders after an early morning incident in Halifax.

Police say just after 5 a.m., they responded to the 2000 block of Arm Crescent Street

regarding a report of three males trying to break into a shed. When officers arrived, two males were arrested, while a third was able to escape.

● METRO

### Driver allegedly drives wrong way on Hwy. 103

**CHESTER.** A 27-year-old Lunenburg County woman is facing charges after police say a driver was travelling erratically and on the wrong side of

the road on Highway 103 near Chester on Monday morning.

Police say the vehicle was stopped without incident and the driver, who was alone in the car, was later determined to be impaired by drugs. The woman was arrested and released with a promise to appear in court on Feb. 12.

● METRO

### Police respond to shots-fired call

**NEW GLASGOW.** Police in

New Glasgow are investigating reports of shots being fired near the downtown area.

Investigators say they received a 9-1-1 call on Tuesday afternoon.

The caller told them it sounded like shots had been fired near MacLean and James streets. MacLean Street was blocked off for several hours.

The New Glasgow Police Service called in its major crime unit, street crime unit and forensic unit.

**THE CANADIAN PRESS**



# James pleads guilty to sex abuse

► Former junior hockey coach to be sentenced on Feb. 22 ► Ex-player Fleury says damage has been done

It was another dark moment in one of the blackest chapters in Canadian hockey.

Former junior coach and convicted sex offender Graham James pleaded guilty yesterday to sexual assaults involving two of his former players, including NHL star Theoren Fleury. A soft-spoken, emotionless James entered the plea in a Winnipeg courtroom via video link from Montreal.

The disgraced coach was originally facing nine charges of sexual assault involving three players between 1979 and 1994, but only pleaded guilty to charges involving Fleury and another victim, whose name remains under a court-ordered publication ban.

Charges related to a third complainant, Greg Gilhooly, were stayed.

At a news conference in Calgary, Fleury criticized the justice system for how it handled the James case.



**"I believe what people show me — he showed me he was and is a rapist. There is no changing a monster like that."**

THEOREN FLEURY, EX-NHL STAR

"Graham James pled guilty years ago, and then he was granted a pardon after he was found in Mexico and brought back to Canada on these charges," he said. "He was given bail.... This is what the mighty Canadian justice system allowed a previously convicted child rapist to do." **THE CANADIAN PRESS**



► Graham James holds his award in Toronto on June 8, 1989, after being named The Hockey News man of the year.

## Perimeter pact initiatives still years away

Key features of the Canada-U.S. perimeter-security pact — including a controversial new entry-exit system for crossing the 49th parallel — are three to four years from seeing the light of day.

The 29-point deal and an accord on regulatory reform aim to streamline trade while protecting the continent from terrorist attacks and other security threats by aligning approaches and screening

more people and cargo before they arrive in North America.

"These agreements create a new, modern border for a new century," Prime Minister Stephen Harper said at a formal ceremony in Washington, alongside U.S. President Barack Obama.

"The key that locks the door to terrorists also opens a wider gate to cross-border trade and travel."



► Prime Minister Stephen Harper and U.S. President Barack Obama hold a news conference following a meeting at the White House in Washington, D.C., yesterday.

But many of the initiatives will be years in the making.

Full implementation of the entry-exit control regime isn't expected until June 2014, the same year a new integrated cargo-screening strategy is expected to be fully online.

An improved means of sniffing for explosives in the luggage of U.S.-bound air travellers isn't due for completion until March 2015. **THE CANADIAN PRESS**

### Contentious

► The most contentious feature could be the plan to exchange entry information of all persons at the Canada-U.S. border, which would serve as a record of exit from the other country.

► Critics of the perimeter-security initiative argue it puts Canadian sovereignty at risk.

## FB's popular list is out

An obscure online acronym is among the more surprising topics popular with Canadian Facebook users in 2011.

Facebook's list of the year's most popular status updates was topped by LMS,

which is short for "like my status." The acronym was followed by the late Jack Layton, the video game Call of Duty: Modern Warfare 3, the death of Osama bin Laden and Charlie Sheen.

**THE CANADIAN PRESS**



► Kent

## 'Kyoto, for Canada, is in the past': Kent

Canada's environment minister says the Kyoto Protocol is yesterday's climate deal.

"Kyoto, for Canada, is in

the past," Peter Kent told delegates yesterday at United Nations climate talks in South Africa.

He urged countries to forget about Kyoto and focus on a series of agreements reached last year in Mexico.

"The Kyoto Protocol is not where the solution lies

— it is an agreement that covers fewer than 30 per cent of global emissions," Kent said.

"It is an approach that does not lead to more comprehensive engagement of key parties who need to be actively part of a global agreement."

**THE CANADIAN PRESS**



## Incest no biggie for bedbugs

ALEX BRANDON/THE ASSOCIATED PRESS, FILE



► Bedbugs can repopulate quickly if they are not all destroyed.

Bedbugs aren't just sleeping with you. They're sleeping with each other.

Researchers now say that the creepy bugs have a special genetic gift: withstanding incest.

It turns out that unlike most creatures, bedbugs are able to inbreed with close relatives and still

produce generally healthy offspring. That means that if just a few bedbugs survive in a building after treatment, they repopulate quickly.

Coby Schal and Ed Vargo, of North Carolina State University, presented research on genetic diversity in bedbug

populations on Tuesday in Philadelphia, at the annual meeting of the American Society of Tropical Medicine and Hygiene.

"We kept discovering the same thing. Within a given apartment, or even a given building, there was extremely low genetic diversity," said Schal. "In most cases there's just a single female that founded the population."

Schal said an animal or insect population with limited diversity will usually build up and then crash, because genetic defects tend to magnify with inbreeding.

"But somehow bedbugs are able to withstand the effects of inbreeding, and do quite well," he said.

THE ASSOCIATED PRESS



► Firefighters battle a wildfire near Smithville, Texas, in September.

## Record year for disasters in U.S.

► A dozen U.S. events each caused more than \$1B damage ► Includes wildfires, droughts, snowstorms

America's wild weather year has set another record: a dozen billion-dollar catastrophes.

The U.S. National Oceanic and Atmospheric Administration said yesterday that it has recalculated the number of weather disasters passing the billion-dollar mark, with two new ones, pushing 2011's total to 12. The two costly additions are the Texas, New Mexico and Arizona wildfires and the

mid-June tornadoes and severe weather.

NOAA uses \$1 billion as a benchmark for the worst weather disasters.

Extreme weather in the U.S. this year has killed more than 1,000 people, according to National Weather Service Director Jack Hayes. The dozen billion-dollar disasters alone add up to \$52 billion in damage. Hayes, a meteorologist since 1970, said he has nev-

er seen a year for extreme weather like this, calling it "the deadly, destructive and relentless 2011."

And this year's total may not stop at 12. Officials are still adding up the damage from the Tropical Storm Lee and the pre-Halloween Northeast snowstorm, and so far they are both at the \$750 million mark. And there's still nearly a month left in the year.

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# Woman accused in Gadhafi plot

► Mexico says Ontario woman led plan to sneak in late dictator's son

An Ontario woman has been accused of leading an audacious plot to sneak a son of the late Libyan dictator Moammar Gadhafi and three relatives into Mexico.

The woman, Cynthia Vanier, is being held with three other suspects, said Mexico Interior Secretary Alejandro Poire.

The elaborate plan was to bring to Mexico al-Saadi Gadhafi — known for his love of professional soccer and his run-ins with police in Europe.

The plot was uncovered by Mexican intelligence agents in early September as al-Saadi was fleeing Libya shortly after his father's ouster. He never made it to Mexico, but did reach Niger, where he has been living.

The plotters allegedly jetted into Mexico, opened bank accounts and bought properties meant to be used as safe houses in several parts of the country, including one at a resort on Mexico's Pacific coast.

"The large economic resources which this criminal organization has, or had, allowed them to contract private flights," Poire told a news conference.

A Danish man allegedly served as "the logistic liaison" for the plan, Poire said.

Mexico made no mention of Moammar Gadhafi himself being involved in the plan. He was killed in Libya on Oct. 20.

The Foreign Affairs department confirmed Vanier's arrest.

THE ASSOCIATED PRESS



► As Libya erupted in revolt, al-Saadi Gadhafi fled to Niger, where he has been living.

## The Vanier file

- Cynthia Vanier runs Vanier Consulting, a "practice dedicated to high-risk unconventional mediation work," according to a resumé.
- Vanier worked with Attawapiskat First Nation in the fall of 2009, according to her website.
- Her resumé also cites work with various other aboriginal groups, including Caledonia's Six Nations of the Grand River from 2006 to 2007.
- A woman who answered the telephone at Vanier Consulting in Mount Forest, Ont., would not give her name, and did not respond to requests for an interview.
- "I haven't heard anything about today's matters," said Vanier's Toronto-based attorney, Paul Copeland.

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# Governor gone bad gets 14 years

► Rod Blagojevich pleads for mercy ► But judge tells him: 'The fabric of Illinois is torn and disfigured'

A former Illinois governor was sentenced to 14 years in prison yesterday.

Minutes later, Rod Blagojevich's wife, Patti, stood up in court and fell into his arms.

He brushed tears off her cheek and then rubbed her shoulders.

Judge James Zagel said of Blagojevich: "When it is the governor who goes bad, the fabric of Illinois is torn and disfigured and not easily repaired."

Blagojevich was convicted of a wide range of corruption charges — including trying to sell U.S. President Barack Obama's vacated Senate seat to raise campaign cash or



► Rod Blagojevich, with wife Patti by his side, speaks to reporters after being sentenced yesterday.

land a high-paying job.

Blagojevich, in a last plea for mercy, tried something he never had before: an apology.

After years of insisting

he was innocent, Blagojevich told the judge he has made "terrible mistakes" and he acknowledged that he broke the law.

THE CANADIAN PRESS

## Bunker. Stormed



► Michele Zagaria under police arrest yesterday. "The government won," he said. "It's over."

SALVATORE LAPORTA/THE ASSOCIATED PRESS

## Mobster pried from lair

Police yesterday captured Michele Zagaria, one of Italy's most-wanted mobsters. On the run since 1995, he was found in an underground bunker in his home province of Caserta. Police had located the bunker some time ago and were digging around it. Zagaria watched their progress on closed-circuit TV. He gave up without a fight.

## Mackay may sue MPs over heli-fuss

Defence Minister Peter MacKay, pictured, is considering legal action against MPs who accused him of lying about a ride he took aboard a search-and-rescue helicopter.

MPs have called on MacKay to apologize and even to resign over his use of military resources to shuttle him to the airport in Gander, N.L., from a vacation at a remote fishing lodge.

Documents showed some National Defence staff predicted the trip could be perceived badly, with one suggesting the pickup was only to be under the "guise" of a search-and-rescue exercise.

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# Solar cheaper than we think: Research

► Queen's prof estimates that the clean energy can be had on the global market for less than \$1 per watt

A Queen's University professor says the public is being kept in the dark about the viability of solar energy.

Joshua Pearce of the Kingston, Ont., university's department of mechanical and materials engineering says many analysts project a higher cost for solar energy.

But Pearce says they aren't considering recent technological advancements and price reductions.

Pearce says he believes solar systems are near the "tipping point" where they can produce energy for about the same price of other traditional sources of energy.

Pearce makes the comments in releasing a study co-written by students published in the December edition of Renewable and Sustainable Energy Reviews.

Pearce has created a calculator program available for download online that can be used to determine the true costs of solar energy.

Analysts look at many variables to determine the cost of solar systems for consumers, including installation and maintenance costs, finance charges, the system's life expectancy and the amount of electricity it generates.

THE CANADIAN PRESS

## Market moment

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(12,148.73)

Dollar



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Oil



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AP/WIDE WORLD

Apple. Store



► Apple employees gather at the entrance to the new Grand Central Terminal store in New York during a media preview yesterday.

MARK LENNIHAN/THE ASSOCIATED PRESS

## A big Apple in the Big Apple

One of the world's largest Apple stores is opening at the landmark 140-year-old Grand Central Terminal train station in New York City. The 23,000-square-foot outlet will open its doors to the public on Friday.

## RIM forced to change BBX name

Research In Motion is being forced to change the name of its new BBX smartphone operating system after the company lost a trademark ruling in the United States.

The name change marks another setback for the Waterloo, Ont.-based tech company, which has been hyping the new system for months.

A U.S. court ruled that the name BBX has already been trademarked by a software company in New Mexico.

RIM said on its Twitter account that "BlackBerry 10" will be the official name of the next-generation platform that will power future BlackBerry smartphones.

RIM is expected to release a new generation of BlackBerrys early in 2012 that run on the new operating system.

THE CANADIAN PRESS

## Netflix CEO predicts rebound

Shaking off the challenges of the past five months won't be easy, Netflix CEO Neil Hastings acknowledged yesterday when he spoke at a UBS investor confer-

ence in New York.

"If you fundamentally believe Internet video will change the world in 20 years, we are the leading player on that basis," Hastings said.

He quickly added a caveat: "As long as we don't shoot ourselves in the foot anymore."

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# HOW TO HOST AN OFFICE CHRISTMAS PARTY

## HE SAYS ...

JOHN MAZEROLLE  
METRO



As one of Canada's top 605 columnists, I'm often asked advice on how to throw the perfect office Christmas party.

To me, the key has always been to think about fun and merry-making, so that you can avoid those things whenever possible.

You don't want to get sued, do you?

As most holiday partygoers know, parties have changed over the years from alcohol-fuelled blowouts where you might see Barb the secretary drink Kahlua from a shoe, to glorified potlucks where the wildest thing is the Worst Christmas Sweater contest.

Nowadays everyone seems scared, rightly or not, that they'll get sued if a partygoer drinks too much and goes all Darwin Awards on them. We, as hosts, fear our own guests' stupidity. (Eventually a drunk driver will sue the descendants of Sir Isaac Newton, whose famous forebear was reckless enough to have discovered the laws of motion, which have caused us all so much harm.)

My usual advice for the Christmas-party problem is to take extra precautions: serve alcohol, but only responsibly; get everyone to sign waivers (make sure the pencils aren't too sharp!); and place written warnings throughout the party explaining the possible danger represented by each item, including co-workers.

But this year I'm advocating something different, mostly because I want to see how it works out. This year, you should throw a party so wild that everyone will either forget what happened or be too embarrassed to bring it up, let alone sue.

John's unethical office-party tips:

- Start by picking a party theme. Tequila or Rum are two good ideas to get you started.
- Don't be concerned with unnecessary party frivolities, such as food.
- Spike everything, including the non-alcoholic beer. It's Christmas.

- As guests arrive, tell them it's a "social mixer" and seat them in unusual pairings — for example, your co-worker's husband with the blond intern, or Ms. Phillips in finance with the mail boy. Playfully point out the mistletoe over each spot.

- Provide a gift bag that includes a game of Twister, several lampshades and a pair of Santa-themed underpants.

- For the coup de disgrace, supply everyone with disposable cameras.

- As people are stumbling out the door, provide them with "door prizes" containing a perfume- or cologne-stained handkerchief, a napkin with a phone number on it and a strand of blond hair.

If all goes well (how could it not?), everyone will have the time of their life and never speak of it again.

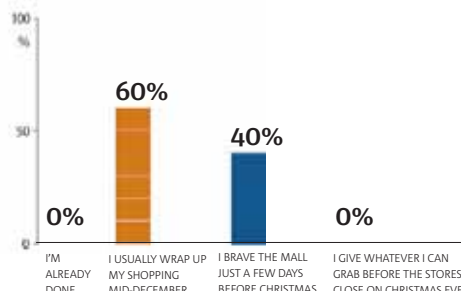
Oh, and if something horrible and/or tragic happens because of my idea, then remember your legal recourse. Sue Isaac Newton.

Read more of John Mazerolle's columns at [metronews.ca/hesays](http://metronews.ca/hesays)



Register at  
[metropolitanpanel.ca](http://metropolitanpanel.ca)  
and take the quick poll

How early do you finish Christmas shopping?



## Birthday treats for polar bear

**KINGUSSIE, SCOTLAND.** Is Walker the polar bear planning The Great Escape? Probably not, as he seems quite content after celebrating his third birthday at Highland Wildlife Park in the Scottish Highlands. After playing with his new toy — a workman's hard hat — he ate an ice birthday cake, full of fish, fruit and vegetables.

● METRO WORLD NEWS

**370 kilograms is Walker's current weight. He is small now; the average polar bear can weigh over 600 kilograms.**

## He still waits for a special one

**MATING.** Walker may have to play with that hard hat a little longer after his date with a mate has been delayed. Zookeepers had brought in a potential female mate but she turned out to be already pregnant. Walker once had a female companion, but she had to be put down in April due to ill health. ● METRO WORLD NEWS

**"Young bears are very inquisitive, especially Walker."**

UNA RICHARDSON, ZOOKEEPER AT  
HIGHLAND WILDLIFE PARK

## Daily Zoom

# Anybody seen my baby?



GETTY IMAGES





► A scene from Symphony Nova Scotia's popular holiday production The Nutcracker.

# Crack open the season

► The production can be appreciated in various and different ways by every age group

## BACKSTAGE PASS

JENNA CONTER  
METRO HALIFAX



From the dancers to the classic story, Christmas just isn't Christmas without

The Nutcracker.

Now entering into its 21st season at the Rebecca Cohn Auditorium, this holiday classic proudly provides a dramatic spectacle sure to satisfy every

generation.

Choreographer and artistic director, Leica Hardy, prides herself on delivering the most dynamic production.

"The interesting part of our product is the mixture of dance, the music, and the puppetry," Hardy told me.

"It's a very unusual mix that you rarely see in your typical Nutcracker production."

An original coming of age story, this two-act ballet has earned an enormous following dating back to the mid-20th century.

## Nutcracker

Where to get tickets.

► Tickets Symphony Nova Scotia's Presentation of The Nutcracker runs Friday through Dec. 17 at the Rebecca Cohn Auditorium. Tickets are \$38 for adults and \$19 for children and are available through artscentre.dal.ca. Tickets still available: artscentre.dal.ca Regular \$38, Student/Child: \$19

Even with its yearly holiday run, Hardy main-

tains that rekindling the joy for every show is the easy part.

"A lot of that spark comes from the excitement of the performers," Hardy said. "I do think that with the constant change of cast members, since they are mostly young people, we're constantly getting new kinds of energy into the production."

With her own daughter a veteran cast member going on seven years, Hardy admits she joins the masses that not only grew up with The Nutcracker as a seasonal staple, but con-

tinues to look forward to each year's production as if it were the first.

"The children realize that they are watching their peers. They grow up to appreciate the dance skill, they connect with the coming of age story lines, the music and the costumes," Hardy said.

"There are countless levels of enjoyment as ones gets older."

With a cast that ranges from the young to the young at heart, Hardy looks forward to bringing together the generations for another season of The Nutcracker.

## Parade



Rocker Bret Michaels and Grammy-winning singer Cyndi Lauper are among the celebrities heading to New Orleans for Carnival 2012. Orpheus parade organizers named the pair as their celebrity monarchs yesterday.

THE ASSOCIATED PRESS

# No sleep until Cleveland

► Beastie Boys, Guns N' Roses and Chili Peppers are among the 2012 Rock Hall of Fame class

Welcome to the Rock and Roll Hall of Fame, Guns N' Roses.

The seminal rock band of the late 1980s and early '90s, best known for hits like Welcome to the Jungle, Sweet Child O' Mine and November Rain, leads the 2012 class of inductees announced on Wednesday. Also making the cut is the

hip-hop trio Beastie Boys; rockers the Red Hot Chili Peppers; the late singer/songwriter Laura Nyro; Donovan; and influential British rock group The Small Faces/The Faces, which included Rod Stewart and Rolling Stones guitarist Ronnie Wood.

Nyro, who wrote such hits the 5th Dimension's

Wedding Bell Blues and Blood Sweat & Tears' When I Die, is the only female act to make it this time around. The hall passed on Donna Summer, Joan Jett and the Blackhearts, Heart and Rufus with Chaka Khan, who were on the ballot for 2012.

But it wasn't just

women who were denied entry into the rock hall for next year. Voters also passed on hip-hop pioneers Eric B. & Rakim, War, the Cure and the Spinners.

Guns N' Roses blazed on the rock scene in 1987 with their official debut, Appetite for Destruction. Fronted by siren-voiced

singer Axl Rose, with Slash and Izzy Stradlin on guitars, Duff McKagan on bass and Steven Adler on drums, the group dominated music with its aggressive rock grooves. Early in their career they were criticized for lyrics in the song One in a Million deemed as homophobic.

THE ASSOCIATED PRESS



Cannonball misfires for "Myth-Busters" TV show, rips through California house and minivan



# Big night, less than great expectations

► The cast of New Year's Eve shares their lacklustre memories of evenings filled with Auld Lang Syne



**RICHARD CROUSE**  
SCENE@METRONEWS.CA

The cast of the new Garry Marshall film, *New Year's Eve*, had a great time making the movie, but haven't always had the best time on December 31st.

Josh Duhamel says the key to enjoying the night is keeping "expectations low" and leaving by 10:30 p.m.

Hector Elonzo, who has appeared in all 17 of Marshall's films, agrees.

"Expectations low, definitely," he says. "I did have one lousy New Year's, because I expected something from it."

He tells a story about being a musician "in the days of rocks and caves, before they knew the world was round."

His jazz quartet scored a show — "New Year's Eve was the big gig," he says, "that's when you made \$50!" — to discover the audience didn't go for their New York brand of cool jazz. "They were like an oil painting looking at us. That was a big let down for us."

"When I stopped wanting my New Year's Eve to be perfect is when it started working out right," chimes in Hillary Swank, who plays the producer of the Times Square New Year's Eve show in the all-star film. "When I was

young I was always looking for the best party to ring in the New Year, and I always ended up in a car saying, (sadly) 'Happy New Year.'"

"I got to kiss the girl I really liked, and then she turned around and kissed seven other people," says director Garry Marshall. "Not a good night."

But not all his end of the year experiences have been bad. In the early '60s he met his wife Barbara at a New Year's Eve party, and the two are still married.

In fact she has a cameo in the movie playing a nurse.

Abigail Breslin may have an Oscar nomination under her belt, but that doesn't mean she can do whatever she wants on New Years.

"My parents are cool," says the 15-year-old actress, "they let me do things." But would they let her behave like her on-screen character and go to the biggest New Year's party on earth?

"I was saying the other day in an interview, 'I'm not really sure my mom would let me do New Year's Eve in Times Square.'"

And she was like, 'You're right. I wouldn't.' So I don't think that's going to be happening any time soon."

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*From a writer of "The Office"...*

# Originals

*An original webseries  
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***In today's episode... "The Meeting"***

*Bryce faces the hard truth that he may, possibly, have a hint of writer's block. Ok he has a massive case of writer's block. But not to be humbled, Bryce is about to discover that a pretty girl and changing one small habit can be inspiring.*

***New episodes post every Tuesday and Thursday. Watch at [www.facebook.com/OriginalsTheSeries](http://www.facebook.com/OriginalsTheSeries)***



# Today in awkward divorce stories

► Moore, J.Lo have unpleasant encounters with thier exes

## THE WORD

DOROTHY ROBINSON  
SCENE@METRONEWS.CA



All of those A-list celebs going through divorces? Things are getting awwwkward!

First up in cringe-worthy separation stories: While Demi Moore was having dinner with a friend at a private club in West Hollywood recently, she couldn't help noticing soon-to-be ex-husband Ashton Kutcher dining nearby.

"She approached his table," a source tells Us Weekly. "He gave her a



► Demi Moore

hug, and they spoke for a few minutes." The source describes the couple's chat as "polite" but "very awkward."

At least it wasn't as bad as what went down recently with Jennifer Lopez and her soon-to-be-ex-husband Marc Anthony.

Anthony apparently refused to shoot his Latin reality TV show Q'Viva with Lopez because of her new relationship with 24-year-old backup dancer Casper Smart.

A source told Star magazine: "Marc and J.Lo had a tense conference call when she was in Morocco. Inevitably, their discussion boiled down to her new boyfriend (Smart) and Marc made the decision not to work with Jennifer last week as a result."

Call me crazy, but maybe everything can be described as "tense" when you decide to work with someone you are going through a contentious divorce with.

ALL PHOTOS BY GETTY IMAGES

# Baldwin doesn't fly the friendly skies

Alec Baldwin claims he was kicked off an American Airlines flight for playing the Scrabble-like game Words with Friends on his phone.

"Flight attendant on American reamed me out (for) playing (Words with Friends) while we sat at the gate, not moving," the actor posted to Twitter.

Baldwin was eventually removed from the plane and forced to take another flight, though his rep laughs off the situation. "He loves Words with Friends so much that he was willing to



► Alec Baldwin

leave a plane for it," spokesman Matthew Hitzik says.

But some sources say it wasn't as simple as all that. Other passengers claim

Baldwin was also talking on the phone, and he reportedly became "violent and aggressive" toward the airline staff, according to Hollyscoop. ● METRO

## Lohan to talk to Ellen

Lindsay Lohan is looking to unveil her Playboy spread on daytime television, as she's chosen Ellen DeGeneres' show for her only magazine-related interview, according to Hollyscoop.

"Lindsay has agreed to do one media interview during the on-sale period of her issue, and has chosen Ellen. Lindsay will not be doing any additional interviews to promote her pictorial," a spokesman for the magazine says.

● METRO

## Celebrity tweets



The more tape you use to wrap a present the crazier you are



@WhitneyCummings

@kathygriffin

Since I'm nominated 4 a GRAMMY 4 my comedy album "50 & NOT pregnant" don't u think my GRAMMY date should b @JustinBieber??



@eddieizzard



I've now run barefoot for 6 days in a row. Feet are complaining and getting stronger at the same time

@thomaslennon



"she's got legs and knows how to use them" is not that great of a compliment.

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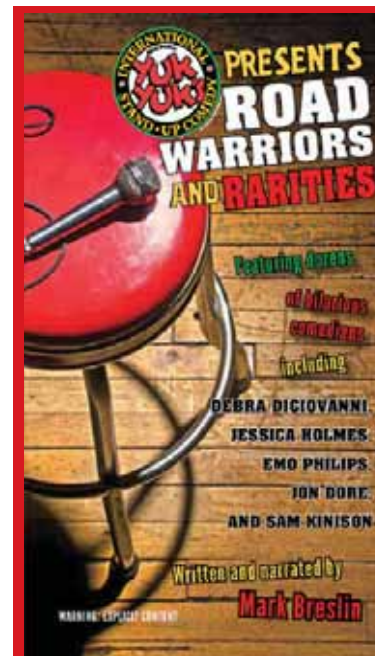


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# Host with the most...style

► The garland is hung, the chestnuts are roasting, the turkey's in the oven ► But what to wear?

One more thing to add to the to-do list for your holiday party: Find an outfit that creates a celebratory mood, is welcoming and warm (but not hot), can hide a little sauce splatter and has pockets to stash remotes, phones and, for the ladies, lip gloss.

It's the delicate balance of being chic and comfortable.

"I can't imagine any more pressure when you're putting on a party — when you are so focused on wine and food — and you have to look beautiful as well," says Simon Kneen, creative director of Banana Republic.

"Men have it a little easier, but you still have to make it look effortless and easy to manage."

Dressing for the role of host is a little bit different from a guest, with many more practical considerations. Just like every other aspect of the party, seasoned, stylish party-throwers say you'll likely want to do as much preplanning as you can.

Even last month, Kneen knew what he'd be wearing next time he entertained: a poplin shirt, sleeves rolled, with a tie. Meanwhile, Manhattan-based designer Shoshanna Gruss will pull one of her many cocktail dresses out of her closet and pair it with a chunky necklace or sparkly cuff bracelet.

"I have some fun statement pieces that I don't get to wear often," she says. "You're setting the rules so



► Tyler Thoreson, head of Gilt Groupe's menswear editorial and creative divisions, likes a deep-red, fine-wale pair of cords for men. "It's an injection of holiday without going overboard," he says.



► Banana Republic



► Shoshanna



► Shoshanna

you know you'll be appropriate."

It would be a letdown, she adds, for guests who have put thought into their outfits to find the hosts in something they'd wear any other night.

"It feels funny to put on a dress and high heels at home, when you know you're not leaving, but it sets the tone," Gruss says. "Your guests will appreciate it."

Minnie Mortimer says she likes to emerge from her bedroom all dressed up, especially now that she lives in more casual Los Angeles after growing up in New York and Palm Beach, Fla.

This year, Mortimer will jazz up her look with a glittery hair pin. "I really like the holidays to be about a little bit of sparkle. It's hard to do the rest of the time or it looks too much, but during the holidays, it looks appropriate," she says.

THE ASSOCIATED PRESS

## Festive face

- Makeup should be maintenance-free, says Ricky Wilson, Dior Beauty's celebrity makeup artist.
- "You have to keep in mind that you have many people looking at you with little or no time to look at yourself."
- His picks include false eyelashes or at least waterproof mascara, and liquid eyeliner.

# 3

life

## Gift picks

### For the colleague

Thanks to things like Secret Santa, you can often find yourself in a position where you have to buy a gift for someone you don't know all that well. TankBooks's series of literary classics redesigned as iconic cigarette packaging is a good solution because it combines universally appealing reading (Ernest Hemingway, Rudyard Kipling and Leo Tolstoy, for instance) with cool design. [tankmagazine.com](http://tankmagazine.com)

● MWN



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# Bling on the season

► The holiday party season is approaching, which means plenty of opportunities to wear shiny things  
 ► But how about during the day? ► We road test ways to make sequins and glitter work during both

## A very ugly holiday season!

HEATHER BUCHAN  
 LIFE@METRONEWS.CA

They are by far one of the tackiest items of clothing around. Yet despite their cringe-worthy aesthetic, they are dug out of attics, basements and the backs of closets year after year, bringing laughs and smiles to all those who come across them.

I'm talking about ugly Christmas sweaters (yes, they've earned their very own fashion category).

Hand-knit in bright holiday hues, they're adorned with everything from appliqué to sequins to pearls, to velvet ribbon and various other holiday knick-knacks.

The more outlandish ones are even adorned with holiday decorations that outshine the Christmas tree (think glittering ornaments, tinsel and lights).

Styles range from V-necks to turtle-necks to sweater vests, while the worst offenders (or the best, if you're competing in an ugly Christmas sweater contest) are those from the '70s and '80s boasting shoulder pads, bat arms and wide waistbands.

Generally, all ugly Christmas sweaters rock a theme, be it Santa and his reindeer with faux antlers protruding from said sweater; or a village of happy snowmen with the words "Ho, Ho, Ho" sewn all around in yarn; or a nutcracker masterpiece complete with all the characters running up and down both arms; or a giant wreath or a gingerbread house. The options are really endless. And generally, they are either far too big or far too small on the people wearing them.

If you're looking for an

THE WISH LIST

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Take a photo of something new you'd like to give or receive this season from any of the shops or restaurants in Downtown Halifax. Upload your pic to [winwhatyouwish.ca](http://winwhatyouwish.ca) for your chance to win it.

Appearing on Santa's knee at J&R Grimsmo: Mo from [clutchculture.com](http://clutchculture.com)



► A prime example of ugly Christmas sweaters.

ugly Christmas sweater this season and don't happen to have one languishing at the back of your closet, just head out to your local thrift store where you're bound to find one

that's as tacky as ever.

And if you choose to wear one, remember the key to ugly Christmas sweater success is to revel in its ugliness and wear it with pride.

KENYA HUNT  
 LIFE@METRONEWS.CA  
 METRO WORLD NEWS IN LONDON

Sparkle is one of those universally-appealing, fashion perennials that never really goes out of style. Just about every girl loves to have at least a small amount of it in her wardrobe. And it just so happens that this season

is chock-full of glitter, sequins, paillettes and all manner of shiny things. In fashion speak: shimmer is having a moment.

It's an obvious choice for the holiday season. But the real test is pulling shimmer off during the day. Remember, fashion is now a world that thrives on contrasts — dramatic, evening looks for day; sheer, summery pieces

in winter — are you getting the idea?

That said, anything featuring glitter, sequins, paillettes or any other shiny substance can be tricky. Style it incorrectly and you could easily find yourself looking like a long-lost member of Destiny's Child, Vegas call girl, Eurovision contestant — or a hybrid of all three. Bottom line, sparkle can either look really fun and fashionable, or cheap as hell.

Let's start with the glittery moment for day. If I had worn this gilded J.Crew dress (pictured above) to the office on its own, I would have felt overdressed and out of place. But the opaque tights, denim shirt and army jacket bring the shine's drama back down to 9-to-5 land. The key is to layer strategically with pieces that prevent you from looking like you've tried too hard.

Nighttime, of course, is another matter. And glamour has never been more au courant. So I doubled up on the shimmer by pairing Zara's body-skimming sequin pencil skirt with Miu Miu's badass glittery booties.

Last, a cashmere V-neck sweater adds a dose of unaffected respectability that keeps me from looking like I'm headed to work on the nearest street corner instead of the theatre.

## Wearing it



► Yours truly in a sparkly J.Crew dress for day.

## UGLY METER

Use this list to determine just how grotesque your garment really is. Does it have...

- Hanging bells or ornaments?
- Cut-outs, padded features and 3-D effects?
- Doily-like lace and sequins?
- Winter wonderland scenes?

## Classy Christmas sweaters?

Not all Christmas sweaters are ugly (although the majority certainly are). But the rule of thumb when looking for a festive yet classy holiday sweater is to opt for a lightweight crewneck style with a minimal Nordic design (reindeer profile or snow flakes are nice) in no more than two shades (red and white or pastel blue and cream are festive and not offensive).



# How does Santa do it?

- Don't be a fool when it comes to family
- Follow this guide to win over the two most difficult people to shop for



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# Christmas colognes

► The annual fragrance shop-a-thon is upon us ► Seeing as most men's fragrances last as long as Grandma's Christmas cake, it's one gift worth getting right ► These nuanced scents should do the trick.



**GUERLAIN MOUCHOIR DE MONSIEUR**

100 ml, \$119, guerlain.com



**CHANEL JERSEY**

Jersey takes both its name and inspiration from Coco Chanel's controversial jersey collection of the '20s. The pairing of jersey with lavender may read like a laundry powder but notes of musk and tonka bean give their latest scent a warm kick.

75 ml, \$110, chanel.com



**CZECH & SPEAKE VÉTIVER VERT**

Vetiver belongs to men – not literally but in the fragrance sense. To rejuvenate this 'old timer' Czech & Speake have added green woody notes and citrus. That means you won't be emanating the same smell as every other chap on the street. 100ml, \$118, czechandspeake.com



**NASAMATTO HINDU GRASS**

The press release says it's meant to create "a warm affection for humanity." Oddly, you'll find no clues about the ingredients – this goes against the perfumer's concept. But we'd bet on wild grasses and patchouli. 30 ml, \$165,averyfineperfumes.com

## If you're sixty and you know it...

### THE KIT

It's easy to look and feel your best no matter what your age. Here we compiled some of the best products out there for ladies in their 60s. Go ahead and enhance your natural beauty!

#### AFTER HOURS

Bedtime is best for rich skin cream, because its consistency won't interfere with makeup. L'Oréal Paris Age Perfect Hydra-Nutrition Golden Balm Night for dry skin is enhanced with nourishing oils and has a luscious melting texture. \$30, lorealparis.ca

#### EYE DRAMA

Choose a palette with matte and satin options. Guerlain Écrin 4 Couleurs long-lasting eyeshadows

has both, plus soft iridescent and subtle metallic shades for strategic highlighting. \$64, guerlain.com

#### TAKE A BROW

Brows were full at Jill Stuart, Prada and Alexander Wang; they're a must for defining the face. Urban Decay Urban Brow Precision Tip Brow Tint has a super-fine brush tip and the perfect water-resistant shade for blondes. (Shown: Blonde.) \$24, urbandecay.com

#### CRANK THE VOLUME

Boost lifeless locks with Hair: Sally Hershberger Plump Up Thickening Mist for normal to thin hair, \$13, shoppersdrugmart.ca

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- 3 Adele Someone Like You
- 2 Katy Perry The One That Got Away
- 1 Flo Rida Good Feeling

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### Jeanne Space



In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.



@Jeanne\_Beker:

If you could wear only 3 pieces of jewelry, what would they be?

- **@WholsArlette:** A cocktail ring, chandelier earrings and a brooch
- **@ShamilaJiwa:** A set of harem stacking rings, classic honey comb earrings, and a small diamond talisman. Or a Labradorite Boa. Timeless!
- **@margotastin:** Easy: wedding band, engagement ring, diamond earrings -- chic, simple and all gifts from my husband. #truelove



► **@Jeanne\_Beker:** Working on the future of EDIT, for fashion jewelry yet to come! Stay tuned. Exciting things ahead!

**TUNE INTO FASHION TELEVISION EVERY SUNDAY AT 5:30 P.M. (ET) ON CTV. JEANNE BEKER'S FINDING MYSELF IN FASHION (PENGUIN) IS AVAILABLE IN BOOKSTORES NATIONWIDE.**



# Idea + Ikea = ideal for guests

► Karl Lohnes on how a budget guest room can make for a 5-star hotel comfort with a trip to Ikea

## DESIGN CENTRE



KARL LOHNES  
HOME@  
METRONEWS.CA

It's that time of the year when our spare bedrooms, couches and even our floors welcome guests visiting for the holidays. Here are a few easy ways to comfortably welcome friends and family without spending all your holiday budget.

► An over-the-door hook rack adds an instant closet for keeping things organized for guests. Grundtal Hanger, \$9.99, Ikea.



### Provide thoughtful supplies

As a frequent traveller, I find myself always forgetting something behind at home. What a nice surprise to arrive at a friend's place and discover that they've anticipated my forgetfulness.

Installing a guest account on your home computer, extra toiletries, bottles of water, room spray, extra hangers, an alarm clock, a humidifier and over-the-door hooks for extra hanging storage are all welcomed by guests.

### Spoil your guests

Tips to help you be a host-ess with the mostess.

- Don't alarm: Ask your guest about preferred wake up and breakfast times.
- Token gesture: Have tokens

for out of town visitors so they can run errands.

- Small details: Add a scented candle by the bathtub.

### Send them to sleep on a cloud

If you don't have an extra bedroom or pull-out sofa, a quality blow up mattress on the floor can create a comfy nest for your guests.

The modern mattresses are leak-proof, have electric pumps and some come with foldable, lightweight bases to elevate the mattress off the floor.

Of course an extra blanket and freshly ironed sheets always create a touch of luxury.

My special treat to overnight guests this year is adding extra comfort to a mattress, sofa or air bed with a mattress topper; just a few extra inches of plush comfort will make them feel like they are sleeping in a 5-star hotel!

► Add a layer of comfort to a mattress, air or sofa bed. Sultan Torod Pillowtop, starting at \$199, Ikea.



Carry tote baskets keep toiletries organized and shared bathrooms free of clutter. Nansum Basket, \$24.99, Ikea



ALL PHOTOS IKEA

### Offer spa treatment

You might only have one bathroom in your place so how do you make it feel as personal for yourself as guests? Try to strip all your personal belongings on display and keep them in a carry caddy in your bedroom. Supply your guests with a similar caddy (filled with toothpaste and shampoo). Decorate your washroom with decorative towels, fresh flowers and candles. You might want to supply extra pyjamas, a bathrobe and slippers for your guests; these are usually the last things to be packed — if at all.

# Cue the crowd-pleasing casserole

► This Crab and Rice casserole is creamy, portable and feeds a crowd of 16 a hearty dinner

Many of us seem to spend the entire month of December on the move, going from one work or family gathering to another. Which means the food you make for these events needs to feed a crowd and be portable, in addition to tasting great. Enter the holiday casserole!

This multilayer dish takes the flavours of a creamy crab dip (that near ubiquitous offering at holiday gatherings) and turns it into a meal. It serves 16 as a hearty dinner, but can feed many more at a potluck, where diners tend to take smaller portions of each dish.

### Preparation:

- 1 Spray a 3 L (13-by-9-inch) baking pan with cooking spray; set aside. In food processor, pulse celery, pepper and red onion until chopped.
- 2 In a large skillet heat oil over medium-high; add chopped vegetables, gar-

### Crab and Rice Casserole



MATTHEW MEAD / THE ASSOCIATED PRESS

lic, salt and pepper and sauté 3 to 4 minutes or until softened. Stir in corn and rice; then spoon into bottom of prepared baking pan.

- 3 Crab Layer: In a bowl, stir cream cheese, mayonnaise, milk and seasoning. Gently stir in

crab and chives; spoon over rice mixture.

- 4 Topping: Return skillet to medium heat and add butter until melted; remove from heat. Add panko, paprika and salt; stir until well mixed. Sprinkle evenly over top of crab mixture. Bake in

200 C (400 F) oven 20 minutes or until bubbly. Let rest 5 minutes before serving.

THE ASSOCIATED PRESS/  
ADAPTED FOR METRO BY EMILY  
RICHARDS, PROFESSIONAL  
HOME ECONOMIST, COOKBOOK  
AUTHOR AND TV CHEF. FOR  
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### Ingredients:

- 2 stalks celery, chopped
- 1 red bell pepper, chopped
- 1 medium red onion, quartered
- 15 ml (1 tbsp) olive oil
- 1 clove garlic, minced
- 2 ml (1/2 tsp) salt, pepper
- 125 ml (1/2 cup) frozen corn kernels, thawed
- 750 ml (3 cups) cooked long-grain white rice

### Crab Layer

- 500 g (1 lb) Neufchâtel cream cheese, softened
- 250 ml (1 cup) mayonnaise
- 125 ml (1/2 cup) milk
- 10 ml (2 tsp) Old Bay Seasoning
- 1 kg (2 lb) lump crab meat
- 50 ml (1/4 cup) chopped fresh chives or scallions

### Topping:

- 45 ml (3 tbsp) butter
- 375 ml (1 1/2 cups) panko breadcrumbs
- 2 ml (1/2 tsp) paprika
- 1 ml (1/4 tsp) salt

### Weekly Cookbook



Crystal Cook and Sandy Pollock, the Casserole Queens, have built their business around revamping the ultimate quick-fix dinners for modern tastes.

In The Casserole Queens Cookbook (Potter, 2011), they share updated recipes for traditional dishes such as chicken potpie, shrimp and grits, stuffed peppers, tuna noodle casserole, ham and cheese skillet casserole, and more.

The Queens also provide advice on scaling and freezing casseroles, 16 pages of photos and more.

HOLIDAY 2011



gift guide


**MIKE  
YAWNEY**  
FOR METRO

Going out to see a movie is always nice, but bringing that theatre experience home is something you can enjoy year-round. If you were really good this year, maybe Santa will spruce up that aging home theatre for you.

Here are our picks to help you bring the cinematic experience home for the holidays.

#### 55-inch LG Cinema 3-D LED TV — \$1,599

As the technology matures, the price of 3-D TVs continues to drop. You don't have to break the bank this holiday season in order to put a 3-D TV under the tree. LG sets itself apart from the rest by offering passive 3-D technology in its Cinema series televisions. The glasses are cheap, lightweight and much easier on the eyes than traditional 3-D glasses. The TV comes loaded with useful apps

## Channel your Holiday spirit

### ▶ Enhance home theatre experience

such as Netflix so you will be guaranteed to have something to watch after you are done opening all the presents!

#### 70-inch Sharp Aquos Quattron — \$3,299

If you think bigger is better then look no further than the 70-inch Sharp Aquos Quattron. This LED TV is ideal for those who want a large picture but don't have the appropriate setup for a projector. Sharp's Quattron technology adds a fourth (yellow)

pixel into the mix for more vivid yellows and more vibrant blues. A matte screen also ensures glare from light sources is reduced. You can also purchase this television in an incredibly large 80-inch model.

#### 24-inch PlayStation 3-D LED Display — \$499

The first PlayStation brand monitor! This display will change the way you game. Say goodbye to split screen! SimulView technology filters out your opponent's screen so two players can play the same game at the same time yet only see their own full



70-inch Sharp Aquos Quattron, \$3,299, left, Samsung BD-D7000 3-D Blu-ray Player, \$349, below, Apple TV, \$119, bottom.



screen action. Cheating is now a thing of the past. This HD monitor comes with two pairs of 3-D glasses, HDMI cable and Motorstorm Apocalypse for the PS3.

#### Samsung BD-D7000 3-D Blu-ray Player — \$349

A small but mighty Blu-ray player! In fact, it's not much larger than a Blu-ray disc! This player features 2D-to-3D Up Conversion, so even your old Blu-ray movies can be viewed in 3-D. Connect your device to your wireless network and open up even more features such as apps, wireless streaming or the



can wirelessly stream your content (standard definition and high definition) directly to your Apple TV through Apple's AirPlay technology. Of course, you can also use Apple TV to access Netflix, YouTube, Vimeo and live Major League Baseball games.

#### LG Smart TV Upgrader — \$99.99

Disappointed your older flat screen TV doesn't have all the bells and whistles of the newer models? LG's Smart TV Upgrader makes any TV a Smart TV. Web browsing, apps, and premium video-on-demand services can be added to your TV through a single HDMI port.



#### Sony Personal 3-D Viewer — \$799

Imagine always having the perfect seat in the movie theatre! Now you can with your very own 3-D Viewer from Sony. Two 0.7-inch OLED screens sit in front of your eyes, but your brain tricks you into thinking you are staring at a 150-inch movie screen 12 feet away. The viewer offers full 5.1 surround sound.

55-inch LG Cinema 3-D LED TV, \$1,599, left, Sony Personal 3-D Viewer, \$799, top left, 24-inch PlayStation 3-D LED Display, \$499, top.

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# Big Bang

## for the cinephile



Motion pictures: The gift that keeps on giving.

To a true Hollywood devotee, though, regular old DVDs rarely cut it. They are nowhere near comparable to the Mega-Platinum

Everything-But-The-Kitchen-Sink box sets that seem to come out around the same time snow starts piling up at our doorsteps.

This year is no exception, of course, so with that, keep these bona fide flicks in mind when looking for something to turn

your film freak starry-eyed this holiday season.

### Current

#### Harry Potter: The Complete Eight-Film Collection Warner

A full decade and eight feature films into this legacy, few need introduction to the bespectacled wizard and his spellbinding saga. However, even with latest series-capper Deathly Hallows only coming out recently, Warner announces that as of Dec. 29, all Harry Potter films will disappear from store shelves. While you have presumably been building your collection since 2001 debut The Philoso-

pher's Stone, grab The Complete Eight-Film Collection fast, before even magic can't bring it back.

### Classic

#### Willy Wonka & The Chocolate Factory 40th Anniversary Ultimate Collector's Edition Warner

With a title that long, it has to be great. Yes, we are all familiar with the inimitable Roald Dahl tale as performed by Gene Wilder, yet when packed with multiple extras in a double-wide numbered gift set, who can resist? We will all feel like Veruca Salt pining for the hours of extras, including a fresh di-

rector interview, Dahl featurette, 144-page production book reprint and — most importantly — a retro Wonka Bar-shaped tin box with scented pencils and eraser.

### Cartoon

#### Mr. Magoo — The Television Collection 1960-1977 Shout! Factory

Whether fondly reminiscing or introducing a new generation to this goofy glasses-needing cornball, Mr. Magoo is a wealth of innocent animated fun. Gathering all three series together for this 11-disc box set, The Television Collection is a true opus of fun, boasting 30-plus hours of sticky situations.

### Television

#### The Big Bang Theory, Seasons One To Four Warner

Catching on faster than a malicious meme, this sitcom has turned two un-

likely nerds into modern day heroes ... when we can understand their intellectual jargon. This mega-box set is fleshed out with actor-on-actor interviews, a

focus on song creators The Bare-naked Ladies and a gag reel, creating 48-plus hours of Einstein-worthy hilarity.

### Horror

#### Friday The 13th: The Ultimate Collection Paramount

No, it's not exactly in keeping with the holiday spirit, but even horror hounds deserve something this season. Heeding the call, The Ultimate Collection delivers with splatter film star Jason Voorhees and all 10 of his Friday The 13th flicks served up in a gruesome package. Bolstered by expanded editions, a book and a life-sized replica of the slasher's trademark hockey mask, this collection is as cool as it is creepy.



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# Planning a perfect holiday party



► Celebrate season with a glittering open house for family and friends



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FOR METRO

The holidays are a wonderful time to hold a party for family and friends.

An open house lets your guests double-book if they have to during this busy time of year, says Robyn Green, Kai Event Management, Vancouver.

And an open house is also easier for the hostess ... you can prepare many foods and nibbles ahead, space out serving them, and wander about and visit with guests. Planning is the most important part, says Greta Podleski, co-author of *The Looneyspoons Collection* and other cookbooks.



COMSTOCK IMAGES/THINKSTOCK

✪ Planning an open house party is easy for the hostess since you can plan many foods and nibbles ahead.

### FOOD

Stick to hot and cold appetizers and a couple of desserts. "Three hot appetizers, three cold appetizers and two desserts/sweets should be plenty of variety," says Podleski. "Make some, buy some" is a good strategy — "but always present pre-made, store-bought food in pretty bowls or on decorative plates." For the day of, write out a prep schedule. "I even write down when I'm getting into the shower and getting dressed for the party," says Podleski.

### BAR

Keep it simple ... beer, wine

and a couple non-alcoholic beverage choices.

### DECOR

A metallic (silver or gold) colour theme will help make your event glitter.

Use silver or gold runners and napkins on your buffet table. Clear glass containers filled with sparkly ornaments look pretty and festive. Fill a large, shallow silver bowl with pomegranates and tuck evergreen sprigs or holly berries between the fruit. Make a wreath for the front door by attaching silver bells to a circular form.

The finishing touch: Use edible gold flakes (available

at Michael's or a baking store) to rim champagne or wine glasses, sprinkle on desserts or even put in ice cubes.

### GIFTS

Ask guests to help you fill stockings for the homeless by bringing gifts such as wool mittens or socks and food items.

"And I like to give out gifts when guests leave," says Green. Bake ginger or shortbread cookies and put them in a mason jar tied with gold or silver ribbon.

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## Mixed-Up Meatballs

### Ingredients:

#### Meatballs

- 1½ lbs (680 g) ground turkey or chicken
- ½ cup unseasoned dry bread crumbs
- ½ cup finely minced or grated onions
- ¼ cup minced fresh parsley
- 1 egg
- ½ tsp each garlic powder and dried marjoram
- ¼ tsp each salt and freshly ground black pepper

#### Sauce

- 1 can (19 oz/540 mL) jellied cranberry sauce
- ¼ cup hickory or chipotle barbecue sauce (smoky)
- 2 tbsp freshly squeezed lemon juice
- 1 tsp reduced-sodium soy sauce
- 1 tsp grated orange zest

### Preparation:

- In a large bowl, mix together ground turkey, bread crumbs,



onions, parsley, egg, garlic powder, marjoram, salt and pepper (using your hands works best). Form mixture into bite-sized meatballs, about 1 to 1½ inches in diameter. You should end up with about 45 meatballs.

- Place meatballs on a baking sheet that has been lightly coated with cooking spray. Bake at 400 F for 12 to 15 minutes or until cooked through. Stir meatballs once, halfway through cooking time, to brown sides. Remove

from oven and transfer to a large pot.

- In a small saucepan, combine cranberry sauce, barbecue sauce, lemon juice, soy sauce and orange zest. Cook over medium heat until cranberry sauce is melted and mixture is bubbly, about 5 minutes. Pour sauce over meatballs and stir gently until all meatballs are coated with sauce. Cover and simmer over low heat for 5 minutes, stirring occasionally. Serve hot. Makes 45 meatballs

## Merry Cherry Cheesecake

### Ingredients:

- 1½ cups graham crumbs
- ½ tsp ground cinnamon
- 3 tbsp butter, melted
- ¼ cup freshly squeezed lemon juice
- 1 pkg (¼ oz/7 g) unflavoured gelatine
- 2 pkgs (8 oz/250 g each) light cream cheese
- 2 cups light (5%) sour cream
- 1 can (10 oz/300 mL) low-fat sweetened condensed milk (such as Eagle Brand)
- Grated zest of one lemon
- 2 cans (19 oz/540 mL each) reduced-sugar cherry pie filling

### Preparation:

- To make crust, combine graham crumbs and cinnamon in a medium



bowl. Add melted butter and stir using a fork until crumbs are moistened. Spray a 9 x 13-inch baking dish with cooking spray. Press crumb mixture firmly and evenly over bottom of dish. Refrigerate while you prepare the filling.

- Measure lemon juice in measure cup. Sprinkle gelatine over lemon juice and let stand for one minute. Add ¼ cup boiling water. Mix well, until gela-

tine is dissolved. Set aside.

- To make filling, beat together cream cheese and lemon juice mixture on high speed of electric mixer until smooth. Add sour cream, sweetened condensed milk and lemon zest. Beat again until well blended. Pour filling over prepared crust and spread to edges of pan. Cover and refrigerate for at least 3 hours until set. Spread cherry pie filling over cream cheese mixture. Cover and refrigerate until ready to serve. Makes 18 cheesecake squares

**RECIPE TIPS:** Take the cream cheese out of the fridge about 30 minutes before you make the cake. It's easier to beat cream cheese if it isn't cold. Don't omit the lemon juice from this recipe — it, along with the gelatine, helps the filling set. Don't forget to grate the zest from the lemon before cutting it in half to squeeze out the juice.

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Lush Abombinaball Bath Bomb, \$6.95, left, Lush Satsumo Santa Bath Bomb, \$5.95, middle, and Lush The Melting Snowman Bath Melt, \$5.95, available at Lush, lush.ca.

Lush Candy Cane Soap, \$6.95 for 100 g, available at Lush, lush.ca.



Cake Vanilla Snow Woman Glistening Body Mousse, \$30, left, Cake Vanilla Snow Woman Glistening Body Wash, \$30, available at Cake Beauty, cakebeauty.com.



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# Don't be the talk of your office party

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Oh, yes, the annual office holiday party! This can either be a disaster waiting to happen or an opportunity for business success.

First and foremost, despite the name, a holiday party is still a business function and getting drunk, acting silly or any other non-professional behaviour is out. Remember, these are your working peers and bosses, and being known as the office clown from the annual holiday party is never a good thing, particularly at promotion time the following year!

So keep the number of alcoholic drinks under con-



STOCKBYTE/THINKSTOCK

✱ Getting drunk, acting silly or any other non-professional behaviour should be avoided at your office holiday party. Being known as the office clown is never a good thing, particularly at promotion time next year.

trol. I like the rule of two alcoholic drinks at a cocktail party and three alcoholic drinks for a sit-down

dinner. Try to pace these out by having a non-alcoholic drink between each alcoholic beverage.

Keep your conversation pleasant. You can talk about a large number of items and, in fact, the best

lesson to learn if you are nervous about what to talk about is to read Metro from cover to cover the morning

of your party. Why you ask?

Because this gives you a bunch of topics to talk about that are all current and relevant. What not to talk about always remains the same in a professional environment. Never talk about politics or religion.

Dress festively and appropriately for the function as per the invitation, but err on the conservative side rather than flashy.

It is important to make a point and mingle, greet and acknowledge all of the senior members of your company at the party. A simple hello and how much you love working at the company or thank you for inviting me to such a wonderful office party will do, but don't forget to say hello, shake hands and smile.

Finally, last but not least, have a good time and enjoy yourself; this will be evident to everyone around you.

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# Be social, but also on your best behaviour

The social holiday party is generally such a pleasure compared to the office party, but, yet, there are some simple guidelines that are important to follow to help ensure you have a great time and still hold your head up proudly at your kid's next soccer game!

Like any party, RSVP as soon as you get the invitation and never arrive early — fashionably late (15 minutes) is a good thing.

If appropriate, bring something like a box of chocolates, homemade cookies, a bottle of wine or a potted plant, favourite book or present for fido the dog, but never bring cut flowers, as this puts a burden on the hostess to have to arrange them at the last minute.

If you are going to drink, make sure you make

**“... there are some simple guidelines that are important to follow to help ensure you have a great time and still hold your head up proudly at your kid's next soccer game!”**

arrangements ahead of time on how you are going to get home — taxi, transit, or a non-drinking friend.

Now the perfect hostess will try to mingle to make sure everyone is having a good time, but the good guest should also make an effort to mingle and not sit in the corner with a group

or monopolizing a guest just for themselves.

Don't be the last guest to leave, and if you see your host is all by themselves without help, always offer to do something in the kitchen or at the bar. Myself, I love to be the barman if I don't know anyone at the party — this gives me something to do, and I get the opportunity to meet everyone. So after doing the bar for an hour or so, when I pass it along to someone else, I now know the crowd and can figure out who I might like to approach and talk with.

This has been a successful technique for me in the past and helps in getting to know people while having a great time at a social party where I didn't know many people.

● CHARLES THE BUTLER

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# Sumarah to break silence on SMU firing

Steve Sumarah will have his say today.

Sumarah, who has yet to speak publicly after being ousted as head coach of the Saint Mary's Huskies football program on Monday, said yesterday he will issue a written statement to media today telling his side of the story.

The Halifax native won four Atlantic University Sport championships in six seasons as head coach, go-

ing 35-12 and leading the Huskies to a Vanier Cup appearance in 2007. He won three AUS coach of the year awards and took the national honour in 2009.

Saint Mary's athletic director Steve Sarty told Metro on Monday it was "time for change."

"It was nothing in particular and no one thing," Sarty said. "I just felt a change was necessary to move forward."



▶ Steve Sumarah

Sarty said Sumarah's contract was set to expire in March and that he was

"ultimately responsible" for the decision to let Sumarah go.

"I'm well aware that people are going to look at it and make judgments one way or the other, and that's what people are entitled to do," Sarty said Monday. "My position is to ensure the direction of the program and in order to get it where we want it to go, we needed to make a change."

Sarty also said the search for Sumarah's replacement is already underway.

● MATTHEW WUEST

# Drouin on verge of joining Herd

► High-scoring left-winger could join club as early as next week ► Moose have compared his style of play to that of NHL star Pavel Datsyuk



MATTHEW WUEST  
@METRONEWS.CA

The Halifax Mooseheads are close to reaching a deal with second overall draft choice Jonathan Drouin.

Drouin, who decided not to report to the team's training camp in August to stay home in Quebec and play midget AAA, is on the verge of committing to join the Mooseheads for the rest of the season, a source told Metro yesterday.

But the 16-year-old left-winger has not officially agreed to anything yet, according to the Mooseheads.

"We've been having very positive talks with the Drouin camp and things are looking very optimistic," said Mooseheads general manager Cam Russell.

Representatives from the

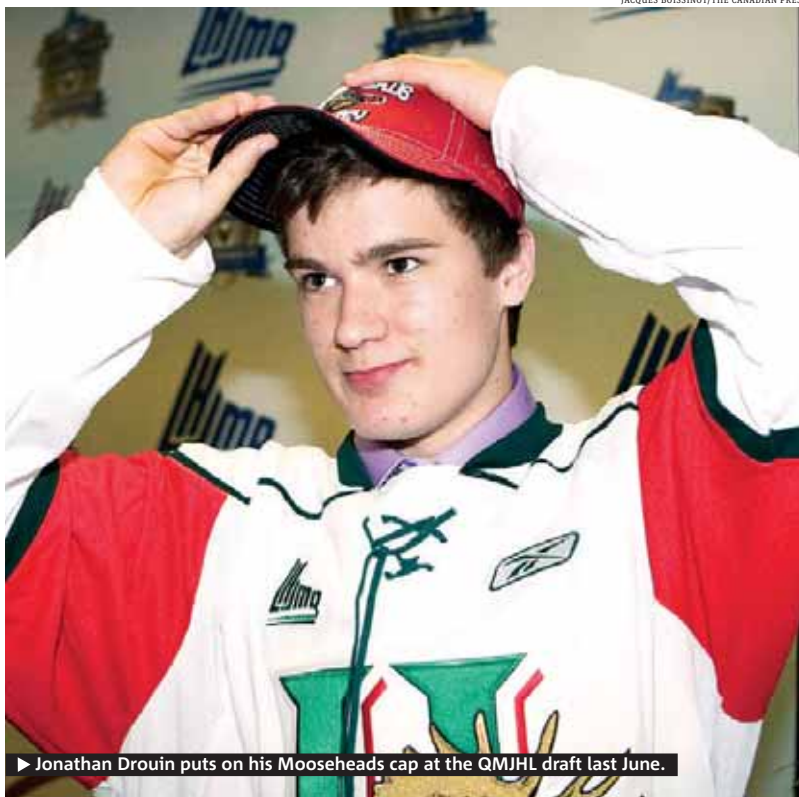
Mooseheads, including majority owner Bobby Smith, travelled to Quebec last week to visit with the Drouin family, a move that is believed to have accelerated negotiations.

Drouin, who has spent the season with the Lac St-Louis Lions, is third in league scoring with 22 goals and 31 assists for 53 points in 22 games.

According to the source, Drouin could arrive in Halifax early next week and be in the lineup before the holiday break if he recovers from a minor groin injury.

Drouin did not return phone messages left yesterday.

The Mooseheads play seven games in 10 days starting Friday on the road against the P.E.I. Rocket before breaking for the holidays on Dec. 19.



▶ Jonathan Drouin puts on his Mooseheads cap at the QMJHL draft last June.

# Frk set to return in Friday tilt

Halifax Mooseheads right-winger Martin Frk is scheduled to make his season debut on Friday on the road against the P.E.I. Rocket.

The 18-year-old, who has not played since suffering a pre-season concussion in August, has been medically cleared to return to the lineup, Mooseheads general manager Cam Russell confirmed on Tuesday night.

He had 22 goals and 50 points in 62 games as a



▶ Martin Frk

QMJHL rookie last season and four goals and two assists in three pre-season

**20** Number of wins the Mooseheads had in 68 games last season. They're just one win away from matching that total this season.

games in August.

The fifth-place Mooseheads (19-7-3) also visit the first-place Saint John Sea Dogs on Saturday and host them on Sunday at 3 p.m.

● METRO

## Sports in brief

### Moose miss cut on CHL top-10

CHL. The Halifax Mooseheads didn't crack the latest CHL top-10 ranking. Four QMJHL teams got the nod, led by the Saint John Sea Dogs at No. 2 and the Quebec Remparts at No. 4. The Shawinigan Cataractes (sixth) and Victoriaville Tigres (10th) also made

the cut. ● METRO

### Colley named best of week

CIS BASKETBALL. Saint Mary's Huskies point guard Justine Colley has been named Canadian Interuniversity female athlete of the week. The East Preston native averaged 30.5 points per game in a pair of weekend wins and leads the CIS in scoring for the second straight season with 24.9 points per game. ● METRO

# 4

## sports

### More sports

ERIC CEDERBERG/ACADIA ATHLETICS



HALIFAX NATIVE MIKE SQUIRES HAS BEEN REWARDED WITH A CFL CONTRACT AFTER A BREAKOUT SEASON WITH THE ACADIA AXEMEN. THE SIX-FOOT-FOUR, 215-POUND RECEIVER, COMING OFF A FIRST-TEAM ALL-CANADIAN CAMPAIGN, HAS SIGNED A TWO-YEAR DEAL WITH AN OPTION FOR A THIRD SEASON WITH THE CALGARY STAMPEDERS. SQUIRES LED ATLANTIC UNIVERSITY SPORT WITH SEVEN TOUCHDOWNS IN EIGHT GAMES THIS SEASON, RACKING UP 432 YARDS ON 31 CATCHES.

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# Penguins put Crosby back on the shelf

► GM Shero says star centre will miss two games 'as a precaution' after taking hard hit in Monday's loss to Boston

Just the news the Pittsburgh Penguins dreaded — Sidney Crosby is back on the sidelines.

Only this time, the Penguins insist their superstar will miss two games strictly for precautionary reasons and not because of a recurrence of the concussion

that forced him to sit out 61 games over two seasons.

Crosby took part in a full practice yesterday, but did not accompany the Penguins on a road trip for games tonight at Philadelphia and Saturday at the New York Islanders. The next time he could play

would be Tuesday at home against Detroit.

A hard hit in the Penguins' 3-1 loss Monday to Boston — the team did not specify which one it was — led to the decision to sit Crosby again. Early in the game, Crosby was seen with what appeared to be

redness on his face, possibly the result of a hit.

"Sidney took a hard hit during our game against Boston Monday night and wasn't feeling 100 per cent," Penguins general manager Ray Shero said in a statement issued late yesterday afternoon. "He saw

Dr. Mickey Collins of UPMC today and took an ImPACT (neurocognitive) test, which showed no problems. However, we all think it's best that he sits out the next two games as a precaution."

The ImPACT test — designed by Pittsburgh-based researchers, including

Collins — measures a person's cognitive and memory skills before and after a concussion. The test is widely used by multiple pro sports leagues and teams to determine when a player is ready to return to game action.

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Fax: 422-5610

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\* Only people selected for an interview will be contacted.

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## Crossword

### Across

- 1 Get well  
5 Start over  
9 Dandy  
12 Pelvic bones  
13 On  
14 "I — Camera"  
15 Mask  
17 Back talk  
18 Advertising section  
19 Selassie worshipper  
21 B&O, for ex.  
22 Dodge  
24 — and crafts  
27 Hearty brew  
28 Sandwich treat  
31 Round Table address  
32 60 sec.  
33 Mischievous tyke  
34 First course, often  
36 Peculiar  
37 Touch  
38 Obliterate  
40 Yours truly  
41 Earring locations  
43 Random drawing?  
47 Lubricate  
48 HBO's vampire series  
51 Wilde-beest  
52 Greek vowel  
53 Radius neighbor  
54 — out a living  
55 Coral structure  
56 Appear  
**Down**  
1 Stereo setup  
2 Verve  
3 Has a bug  
4 "Star Wars" weaponry  
5 Huck's transport  
6 Schedule abbr.  
7 Elmer, to Bugs  
8 "Tosca," e.g.  
9 It barely connects to the sternum  
10 Leave out  
11 One of the Three Bears  
16 Mess up  
20 Commotion  
22 Skip a phoneme  
23 Sell  
24 Fool  
25 Carnival city  
26 Loyal to the end  
27 Andy's old radio pal  
29 Ostrich's kin  
30 Make up your mind  
35 Opposite of "post-"  
37 Greek god of the winds  
39 Moving about  
40 Flash —  
41 Theater box  
42 Sty cry  
43 Unwilling to listen  
44 Apportion (out)  
45 Unrivaled  
46 Cheese choice  
49 Shad product  
50 Salt Lake athlete

### ► Yesterday's answer

N	A	S	A	A	F	T	T	R	A	M
A	L	A	R	M	O	O	E	E	L	Y
R	E	C	O	V	E	R	Y	A	C	T
Y	E	S	M	E	N	E	N	R	O	O
A	I	D	D	O	O	R				
A	I	R	L	E	T	R	O	D	E	O
T	R	E	K	D	U	D	M	E	G	A
T	A	C	I	T	B	E	T	R	O	T
O	D	E	S	F	A	A				
J	O	U	N	C	E	A	C	T	I	V
O	K	R	A	R	E	C	O	I	L	E
W	A	S	P	V	A	T	L	I	N	G
L	Y	E	S	O	R	O	T	A	T	E

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

## Today's horoscope

**♈ Aries** March 21-April 20 Do something meaningful today, something that makes a difference in your corner of the world.

**♉ Taurus** April 21-May 21 You may be eager to push ahead with a new plan or project but wait until Saturday's eclipse has passed.

**♊ Gemini** May 22-June 21 The straightest route to your destination may not be the best one.

**♋ Cancer** June 22-July 22 You could come into a sum of money today, and it's just as possible that you could lose it. Either way, don't take material things too seriously.

**♌ Leo** July 23-Aug. 23 What happens today will at first look like a challenge and then like an opportunity. Get competitive.

**♍ Virgo** Aug. 24-Sept. 22 Stay calm, be patient and don't try to force the pace over the next 24 hours. You may have to wait for those who think slowly to catch up.

**♎ Libra** Sept. 23-Oct. 23 If you upset someone in a position of power, make sure you apologize.

**♏ Scorpio** Oct. 24-Nov. 22 There is no point getting worked up if a colleague does a poor job of what he or she is working on.

**♐ Sagittarius** Nov. 23-Dec. 21 Bide your time today. Let others make the first move. Nothing is so urgent that it must be done now.

**♑ Capricorn** Dec. 22-Jan. 20 Try not to get caught up in the hysteria that seems to be making the rounds at the moment. Stay calm.

**♒ Aquarius** Jan. 21-Feb. 18 A little bit of modesty will go a long way over the next 24 hours.

**♓ Pisces** Feb. 19-March 20. You may be tempted to cut corners and hope that no one notices. They most likely will, leading to embarrassment.

**SALLY BROMPTON**

## Sudoku

		9		8		2		6			
			4	5		7	1				
8										4	
		7		1		6					
5										8	
		8		6		9					
1											5
		6	3		4	2					
	5		2		1			7			

## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

1	3	6	5	4	7	8	2	9
9	2	4	3	8	6	5	1	7
8	7	5	9	2	1	6	3	4
6	5	3	2	9	4	7	8	1
2	4	1	7	6	8	3	9	5
7	9	8	1	5	3	2	4	6
5	1	7	8	3	9	4	6	2
4	8	2	6	1	5	9	7	3
3	6	9	4	7	2	1	5	8

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